

50 ways to live well, despite chronic pain

What's in your toolbox?



1. Take responsibility for your pain
2. Learn about pain
3. Get out of bed and start your day
4. Reduce stress
5. Avoid negativity
6. Challenge and replace unhelpful thoughts
7. Use positive self-talk – stay positive
8. Reduce focus on the pain
9. Be kind to yourself and others
10. Moderate activity – pace yourself
11. Do muscle relaxation (passive/progressive)
12. Be mindful
13. Change expectations
14. Journal/write (but don't track pain)
15. Laugh frequently
16. Breathe deep and slow
17. Reduce the use of unnecessary and unsafe medications and supplements
18. Say, "I can do this"
19. Maintain good sleep habits
20. Avoid pain behaviors
21. Start moving (walk and other exercise)
22. Smile
23. Listen to music
24. Reward yourself
25. Create a daily plan
26. Modify activity to make things easier
27. Get out of the house - enjoy nature
28. Be proactive, not reactive
29. Be a role model, not a victim
30. Talk to yourself with safety
31. Say no
32. Do Tai Chi
33. Pause the news and social media
34. Do gentle yoga
35. Pet a dog or cat
36. Avoid catastrophizing - don't ruminate or wallow
37. Accept the pain
38. Have more SIMs than DIMs
39. Do art
40. Set S.M.A.R.T. goals
41. Forgive someone (including yourself)
42. Stretch
43. Eat healthy
44. Create purpose: work, family, volunteer, spirituality/religion
45. Be grateful
46. Do random acts of kindness
47. Visit with a friend
48. Meditate
49. Grade exposure to valued but feared activities
50. Attend a pain rehabilitation program